

## MRSA/MSSA DECOLONIZATION - INSTRUCTIONS FOR PATIENTS

You have been detected a carriage of methicillin-resistant *Staphylococcus aureus* (MRSA) / methicillin sensitive *S. aureus* (MSSA). This bacteria typically resides in nostrils and skin breaks as an asymptomatic carriage. Sometimes it can cause infections, and certain strains of the bacteria are prone to cause recurrent skin infections and boils. This decolonization treatment aims at removing the carriage and thus stopping the boils to recur. This decolonization treatment will be given to you at the same time with all family members and persons with a close (skin) contact to you. If you will be admitted to a hospital during the treatment or the follow-up period, you should tell the hospital staff that you have been detected MRSA/MSSA and gone through the decolonization treatment.

You should comply with normal good hand hygiene practices. Wash your hands with water and soap after you have touched your injured skin or mucose membranes, after visiting the toilet. Also alcohol hand rub removes skin bacteria efficiently when 3 ml of the disinfectant is rubbed on visibly clean hands for 30 seconds. Alcohol hand rub can be considered an optional and additive hand hygiene method in close contacts with other people e.g. during flu season. However, it is always routinely used by hospital staff in patient care.

### TOPICAL TREATMENT FOR 7 DAYS

Topical treatment should be applied daily for seven days during the course of orally administered antibiotics. If oral antibiotics are prescribed for longer than 7 days, the 7 days' topical treatment should be applied during the last week of the antibiotic treatment.

#### - Bactroban nasal ointment for nostrils, 3 times a day for 7 days

- Spread 1 cm of the ointment on the swab, insert into nostrils and close nostrils by rubbing and clamping the nose

#### -Skin (twice a days) and hair (once a day) disinfection for 7 days

- Spread **EriSept CHG** foam (or 4% chlorhexidine liquid soap) all over the clean body skin, let stay for 2 minutes and rinse way. Use twice a days for skin and once a day for hair, avoid ears. You can use hair conditioner normally.

#### - Mouth rinse Gum-Paroex 0.12% twice a day for 7 days

- If MRSA/MSSA has been detected in the throat, use also mouth rinses. Brush your teeth and rinse the mouth with water. Wait for 30 minutes, then take Gum-Paroex mouth rinse, gargle and then spit away. Don't swallow.

### ORAL ANTIBIOTICS

If MRSA/MSSA has been detected by screening swabs in the throat, groins, rectum or skin, you will also be prescribed an oral course of antibiotics for 7-14 days.

### WHAT AND FOR WHOM?

Date of the decolonization treatment: \_\_\_\_\_

Bactoban nasal (for whom): \_\_\_\_\_

Skin and hair disinfections (for whom): \_\_\_\_\_

Mouth wash (for whom): \_\_\_\_\_

Antibiotics (what and for whom): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CLEANING INSTRUCTIONS

### - Day 1

- General cleaning: Hoover the carpets and wipe the floors
- Change bed sheets, wash them in (at least) 60°C. Hoover the bed mattress.
- Change the towels, wash them in (at least) 60°C. All family members and visitors should always have their own hand and body towels.
- Change toothbrushes into new ones at the beginning and the end of the treatment.
- Change the hairbrush or comb or wash them every day during the treatment.
- Discard make-up items or at least their applicators that are in close skin contact (e.g. powder, eye shadow, mascara). Take clean ones in use after the treatment.
- Remove skin piercing jewellery, rings, bracelets, dentures etc. during the treatment and clean them with appropriate soap and water. Don't use them during the treatment, if possible, or clean them again.
- Clean children's soft toys, e.g. in (at least) 60°C. If you use cooler temperatures (30-40°C), add disinfecting washing powder (Erisan Oxy 50g, one packet + ½ dose of conventional washing powder). If you cannot wash the item, heat (sauna > 60°C for a couple of hours) or storage for several months may reduce or kill the bacteria. Don't use them during the treatment, if possible, or clean them again.

### - Daily

- Clean all touch surfaces at your home (and e.g. your desk at work), keyboards, touch pads at the computer, cell phone, keys, remote controllers, pens, coffee maker, door handles, childrens plastic toys using a suitable disinfectant (e.g. Erisan Oxy powder in water solution, obs not suitable for silver, copper or brass items) or soap and a wipe with a disposable cleaning cloth or a clean multi-use microfiber cloth (The cloth should be washed in 60°C after use)
- Hoover textile surfaces (sofas etc.)
- Change towels and wash in at least 60°C.
- Change and wash clothes that are in immediate skin contact, especially underclothes, pyjamas and sports wear. If you use washing programs 30-40°C, apply also disinfecting powder (Erisan Oxy 50g, one packet + ½ dose of conventional washing powder)
- An (electric) shaver should be cleaned after every use.

### - Days 2 and 5

- Change bed sheets and wash in at least 60°C.

### - Other instructions

- If you cannot wash touch items, heat (sauna > 60°C for a couple of hours) or storage for several months may reduce or kill the bacteria.
- If you have pet animals, contact veterinarian at the Yliopistollinen Eläinsairaala for the pet screening and possible decolonization.

## FOLLOW-UP

After the decolonization, MRSA/MSSA screening specimens will be taken at 3 weeks, 4 months and twice at one year after the decolonization.

## QUESTIONS

If any mild allergic reaction appear, please discontinue the use and contact your hospital nurse. If you have a severe allergic reaction, please contact an emergency room immediately or call 112.